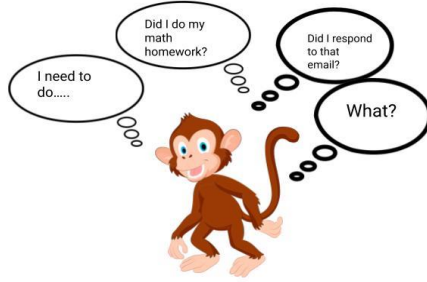


Managing Your Monkey Mind with Mindfulness



Follow
One
Course
Until
Successful

We have busy minds that like to jump from one topic to another and to the future and past. With mindfulness and yoga practices we can learn to manage our monkey minds and focus and pay attention to one thing at a time in the present moment and enjoy our present experience.

[Check in and Reflect](#) with your family on the idea of monkey mind. What do you think a monkey mind is for you?

- When are you most distracted? How do you know you are distracted? What does your mind jump around and think about?
- What impact does monkey mind have on our relationships as a family? How does mom feel when she has to ask her kids to do something over and over? How do the kids feel when they tell their dad about their day and he's thinking about work?

[Family Mindful Movement Monkey Mind Practice:](#)



Calm—Start in a comfortable seat and take a few big deep breaths as a family. Then find your pulse on your neck, set the timer for 10-30 seconds, and bring your full attention to your pulse and count.

Activate



Calm—Finish with a short 2-3-minute mindfulness meditation. Guide your children to take 3 big belly breaths. Then guide them to tune in and listen to their body, heart, and mind. How does your body feel? What is your heart feeling? What is your mind thinking? Finish with palms pressed together at your heart and say “Kind heart,” then to mouth “Kind words” and then to head “kind thoughts”. Repeat 2-3 times. Namaste